

HERE'S HEALTH



A whole lot of stress named Leah skipped breakfast one morning, poor dear. When they were her sons Nels and Paul of Peace and Quilts. She cried, and complained the full quarter. —Continued on Second Street and Wells

FOR PARNTS ONLY

By Nancy Cleaver

LEARNING TO TALK.

A baby's progress fascinates his parents and there is no part of his growth more interesting than a child learning to talk. Usually by a year he is saying a few simple words such as "mama" and "bye-bye"—often repetitions of one simple syllable. Of course, he chatters to himself in a jargon which no one can interpret, although his mother likely can distinguish the meaning of different kinds of crying. At a year and a half he likely uses about a dozen words—and is very proud of his vocabulary! He seems to understand the meaning of a number of words which he does not attempt to say.

CHILDREN DIFFER

There is no one normal rate of learning to talk—children vary greatly. Older children in the family who talk to the "baby" often help him master new words. By his second birthday a child uses short sentences of two or three or even four words. Often he avoids pronouns and refers to himself not as "I" but by his first name, "Donnie" sees cho-cho train. Before another birthday comes around he is showing real delight in this new accomplishment—talking—and by the time he enters school many a child has a vocabulary of over a thousand words.

Question marks punctuate a little boy's or girl's remarks. Some are asked just for the sake of talking—for the pleasure of hearing his own voice. Other questions show that the child really wants to find out something. Mother—and father too—sometimes weary answering so many questions—but this is the child's way of adding to his store of information. Mothers who are "too busy" to answer a little boy's questions are indeed too busy. Sometimes it is impossible for a mother to give an immediate answer. Parents may reassure that as a child grows older and asks difficult questions as those about the beginning or the end of home, the child will seek answers his life, if no answer is given at elsewhere.

If a child is slow in talking, the parents are often worried, and occasionally they make the mistake of nagging at him or trying to force him to speak. The child resents this

pressure and the result of this treatment delays his speech still further. Rather mother should try to discover why her child is slow—perhaps he is being waited on to such a degree that he feels no necessity to express his wants. Perhaps he sees other children too seldom and the grown-up in his home talk in long sentences and do not use simple words. Medical experts re-assure parents that slowness in mental development is not always linked with slowness in talk. Many normal children, indeed some especially bright youngsters do not start to talk until much later than other youngsters.

Most parents find a temptation to talk "baby-talk" to their tiny child—particularly if he is their first-born. An occasional lapse into "baby-talk" does not matter, but if a mother habitually uses baby-talk to a child who is learning his first words, it confuses the youngster. It is difficult to imitate "baby-talk" and the parents are the child's first language teacher. It is rather pathetic to hear an older child—or even an adult talking "baby-talk. Mother thinks it "cute" but the neighbors and friends are apt to be bored by this older child's desire to be important and the centre of attention. Don't Repeat Theme.

Parents should also refrain from repeating to others in the presence of a child his original coined words—such as "the big black dog fraided me" or "cue sayings. These are of special interest only to those who especially love that particular child. But a mother can make a fascinating "Child's Own Book" for her own pleasure and in it write down the child's first words, first sentences, the words which charmed him, the little words he made up. In those pre-school days the child's cute remarks which a father may get a

great kick out of hearing should be briefly jotted down. These childhood stories are soon forgotten unless a record is kept. They provide "good reading" for fond parents when the children are grown because they bring back happy memories of the days when the sons and daughters were small.

Band Leader's Wife Treated For Burns



Central Press Canadian
Mrs. Jimmy Dorsey, 39, wife of the famous orchestra leader, is shown as Dr. Carl E. Lund treated her for serious burns suffered when fire swept her palatial \$120,000 residence on Toluca Estates Drive in Hollywood. Mrs. Dorsey was carried to safety by her butler and treated for first, second and third degree burns about the face, hands and shoulders.

The "Milky Way" isn't all in the sky, say the nutritionists. In fact, the milky way of life is the way of good health. It's the way, too, of beauty of white teeth, bright eyes, straight figures and lovely skins.



Girls who go out on the ski trails like to look smart and feminine in a black suit. Our designer has come through with a very smart outfit consisting of black velvet slacks and a white wool sweater. The long-sleeved turtle-neck sweater is brightened with a band of black net with appliques of bright red and green felt flowers. This is a nice country house fireside fashion, too.



Let's Eat

BY IDA BAILEY ALLEN

Drinking Milk

In feeding youngsters, next to providing the right food the most important thing is to make the child feel comfortable, happy and safe, when he eats.

A high chair that can't tip over is essential for very young children. After that comes the low chair and nursery table stage. The five-year-old is big enough to start eating with the family; and that's when the pile of books is brought out. But there's a way out. Look up an inexpensive new chair-seat that can be fastened to a regular dining chair without marring the surface. It will keep the youngster safely and comfortably at table height, and prevent much wriggling. Eating will become enjoyable and easy.

Small Utensils

That is, it will be easy if the eating utensils are small enough to be handled, and if the food is served in dishes deep enough so it can be pushed against the edge to fill the spoon or fork. The knife and fork should be short-handled so the leverage will be comfortable.

As to the food itself: Would you enjoy eating food jumbled together on the plate? Neither does your child. Prepare the potato, the vegetable, cut the meat in small pieces, and put them on the plate. But don't mix them together for a child, old enough to eat at the table. This should be done only for children eating in high chairs.

Refuses Food

Perhaps the youngster refuses to taste new foods. If so, it's either because his father comments unfavorably on new dishes, in his presence, or because you did not familiarize him with the major food flavors when he was in the gurgled babyhood stage.

What to do? Get him to try a taste, and to smell it if the odor is enticing. A day or so later serve the same food to daddy, and if he eats it with gusto, chances are the youngster will do the same.

Monday's Dinner
Celery Soup Dark Bread
Shoulder Pork Chops Jardiniere
Potato Souffle Beets Vinaigrette
Date Cup Cakes with Lemon Sauce
Coffee or Tea Milk (Children)

All Measurements Are Level
Recipes Serve Four

Shoulder Pork Chops Jardiniere
Rub a medium-sized baking pan with fat. Dust 4 shoulder pork chops with salt, pepper and 1/2 tsp. thyme. Place in a hot oven, 425 F., and bake until beginning to brown. Then reduce the heat to 350 F. Around the pork chops put 2 c. mixed cooked or canned vegetables (do not use potatoes); dot the vegetables with butter or margarine and bake 15 min. longer. If desired, this whole combination may be baked in a glass dish or platter which can go to the table.

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